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The Fort Jackson Leader

Thursday, October 11, 2007

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

One week added to basic training

Mike A. Glasch
Leader Staff

Beginning Nov. 2, the Army will extend its Basic Combat Training to a 10-week program at all of its BCT sites: Fort Jackson, Fort Sill, Okla.; Fort Leonard Wood, Mo.; Fort Knox, Ky.; and Fort Benning, Ga.

"It will be a pilot during this fiscal year," said Gen. William Wallace, commander, U.S. Army Training and Doctrine Command. "We're going to do it for the first third of the year."

The last 10-week course will be completed somewhere around March 21, and then we'll go back to our normal nine-week basic training for the rest of the fiscal year."

The 10-week BCT will then become a permanent cycle starting with the 2009 fiscal year.

Fort Jackson's deputy commander, Col. Kevin Shwedo, who was the deputy chief of staff for operations at U.S. Army Accessions Command when the idea of expanding BCT first surfaced, said the catalyst for the 10-week BCT came from drill sergeants.

"They told us, 'We are training Soldiers to standard, but we can give you better Soldiers with an additional week,'" he said.

The increase is the first change in length since 1998, when BCT grew from eight weeks to the current nine. Despite the additional time, the number of Warrior tasks and battle drills will remain unchanged.

No new tasks

"I have been very specific — we are not going to add any tasks," said Wallace. "What we're going to

See **BCT** Page 4



Photo by Mike A. Glasch

Basic Combat Training Soldiers with Company D, 2nd Battalion, 39th Infantry Regiment traverse the rope bridge at Victory Tower Tuesday. Beginning Nov. 2, the length of BCT will increase from nine weeks to 10 weeks.

Food Expo showcases how the Army fuels Soldiers

Chris Rasmussen
Leader Staff

Those not associated with the Army don't always think nutritious and delicious when they envision chow served in dining facilities.

One of the goals of next week's Food Show and Expo is to help change that perception by showcasing some of the culinary delights Soldiers are served on a daily basis. The free event is slated for 11 a.m. to 2 p.m., Oct. 16 at the NCO Club.

"We are giving Soldiers the quality types of food that they would get in a civilian restaurant," said Beverly Sowell, food inspection specialist for the Directorate of Logistics and Engineering. "This expo is an excellent opportunity for the community to have a chance to enjoy the variety of foods that our Soldiers are eating."

The event will include food tasting from more than 40 vendors, including Kellogg's, Kraft, Nabisco, Hormel, Sara Lee and Ocean Spray. This year's theme is "Feeding an Army Strong."

"This is the second year we have held the Food Expo and we are really excited," Sowell said. "We expect to have a lot more people this year."

Organizers expect to feed more than 2,500 people and will have two 40-foot semi-trailers of food to meet the need.

Among the culinary delights visitors can sample are Louisiana-style gumbo and Texas-style chili. A Baron's Pizza truck will be on site as well as a variety of other dishes ranging from soups and salads to steak, chicken and bakery items.

In addition to sampling the several food vendor booths, visitors to the expo will have the chance to meet NFL Hall of

Fame running back Franco Harris, who will be on hand signing autographs between 11:30 a.m. and 12:30 p.m. as well as offering samples of healthful bakery goods from his food company, Super Bakery. The Fort Jackson 282nd Army "Victory" Band will provide musical entertainment.

Visitors to the expo will also be eligible for a variety of door prizes, including a cash prize, gift certificates from the Army and Air Force Exchange Service and gift baskets.

"The purpose of the Food Expo is to offer an opportunity for the Fort Jackson community and families to experience the type of quality and nutritional meals the Soldiers are provided on military installations," Sowell said. "Samples of products are provided in their original packages and they are cooked for your taste."

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Leading
the
way...



Continuing a Mission

Soldier enlists following son's death in Iraq.

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Army Ten-Miler Results

Brazilian soldiers top runners in Saturday's legendary race.

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Ask the Garrison Commander

UCMJ actions; Red Ribbon campaign



Col. Dixon

Q Is it possible to receive a Uniformed Code of Military Justice action for an improperly conducted urinalysis?

A Yes. The donor can receive an Article 92 for disobeying a lawful order to provide a urine sample; or an Article 107 for false official statement by signing the Unit Urinalysis Ledger, acknowledging the submission of a sample as only urine.

An observer can receive an Article 92 for knowingly failing to obey a lawful general order or regulation by not maintaining direct line of sight of the urine into the bottle; or an Article 107 for making a false official statement by signing the Unit Urinalysis Ledger acknowledging the urination process was directly observed and no

tampering occurred.

A unit prevention leader can receive an Article 92 for being derelict in the performance of one's duties in allowing a non-urine or adulterated sample to be submitted for testing.

Q Why was the Red Ribbon campaign started?

A The Red Ribbon campaign was started when drug traffickers in Mexico City murdered Kiki Camarena, a Drug Enforcement Administration agent, in 1985. This began the continuing tradition of displaying Red Ribbons as a symbol of intolerance toward the illicit use of drugs.

The mission of the Red Ribbon Campaign is to present a unified and visible commitment toward the creation of a drug-free America.

Garrison Fact of the Week

The Exceptional Family Member Program is a mandated Department of the Army program designed to provide a comprehensive, coordinated, multi-agency approach for community support, housing, medical, educational and personnel services to families with special needs. The program was originally established as the "Handicapped Dependent's Program" in 1979.

In 1980, the name was changed to the Exceptional Family Member Program. In 1986, enrollment became mandatory for active duty Soldiers and Reserve and National Guard Soldiers on active duty; screening was implemented; and the first regulation published. Today there are more than 65,000 family members enrolled in the EFMP.

To submit questions to "Ask the Garrison Commander," call 751-2842, or e-mail nahrwolds@jackson.army.mil.

Ramadan viewed as basic training for the soul

Chaplain (Capt.) Abdullah Hulwe
3rd Battalion, 13th Infantry Regiment

Some readers may have noticed that Muslim Soldiers at Fort Jackson have been fasting for nearly a month now.

As a Muslim chaplain for the U.S. Army Training and Doctrine Command, I feel obligated to shed some light on this observance.

On Sept. 13, the worldwide Muslim community began the month-long observance of Ramadan.

The observance falls on the ninth month of the Islamic lunar calendar, when Muslims abstain from food, drink and other sensual pleasures from sunrise to sunset.

The goals of Ramadan are similar to those of Basic Combat Training. The fast teaches discipline, self-restraint and gen-

erosity, while obeying God's commandments. Fasting (along with the declaration of faith, daily prayers, charity, and pilgrimage to Mecca) is one of the "five pillars" of Islam.

Communal prayers will mark the end of Ramadan — called "Eid ul-Fitr," or Feast of the Fast-Breaking — on or about Saturday. The beginning of Islamic lunar months depends on the sighting of the new moon. In short, the start and end of Ramadan can vary.

Ramadan offers people of all faiths an opportunity to learn more about Islam and about the Islamic community in America and elsewhere, and to reaffirm to each other that unity — although a human need — does not negate diversity.

Unity in diversity means to explore and enhance common values, emphasizing

interdependence, equality, justice, human rights, and the sanctity of each individual's dignity.

During this month, Muslim Soldiers embrace and live the idea that our founding fathers have built a more inclusive community; grounded in respect and tolerance for age, race, ethnicity, gender, religion, culture, political affiliation, and national origin differences.

The Quran, Islam's revealed text, states:

"O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint ... (Chapter 2, verses 183)

One of the main benefits of Ramadan is an increased compassion for those in need of the necessities of life, a sense of self-purification and reflection and a

renewed focus on spirituality. In addition, Muslims appreciate the feeling of togetherness shared by family and friends throughout the month.

Perhaps the greatest practical benefit is the yearly lesson in self-restraint and discipline, which can be applied to other aspects of a Muslim's life, such as in work and education.

Because Ramadan is a lunar month, it begins about 11 days earlier each year.

Throughout a Muslim's lifetime, Ramadan will fall both during winter months, when the days are short, and summer months, when the days are long and the fast is more difficult.

In this way, the difficulty of the fast is evenly distributed between Muslims living in the northern hemisphere and those living in the southern hemispheres.

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Veteran's cemetery final design chosen



Photo by Mike A. Glasch

The new national veteran's cemetery will be located at the intersection of Spears Creek and Wildcat roads.

Mike A. Glasch
Leader Staff

A final design has been selected for the national cemetery to be built on Fort Jackson. The design was chosen Wednesday from several options submitted by Columbia architect-engineering firm Davis & Floyd, Inc.

According to Bruce Borko of the National Cemetery Administration, the next step is to solicit and award a construction contract. Construction of the 600-acre site is expected to begin in May and be completed by August, with the first burials taking place in November.

Construction will take place in several phases. The first phase has two parts (Phase 1A and 1B). Phase 1A will be an early burial area with temporary facilities while Phase 1B is being completed. Once completed, this Phase 1 development will provide 5,000 full casket (including 4,200 crypts) and 2,450 cremain gravesites including a 2,000-niche columbaria.

Also included in the project will be an

administration/ public information facility, maintenance facility, two committal shelters for interment ceremonies, a flag/ assembly area, and supporting infrastructure; including utilities and irrigation.

A name for the cemetery is expected to be finalized by the end of the year. Representatives from Fort Jackson, the Chamber of Commerce and the community have already reviewed, scored and ranked the names submitted by the public. Their recommendations were forwarded to the NCA for the final selection.

The cemetery will be bordered by Wildcat Road to the west, Spears Creek Church Road to the east, North Tower Road to the south and Percival Road to the north. Other phases will be planned and constructed over 10-year increments as needed.

A complete list of who is eligible for burial in a national cemetery can be found on the burial and memorials page of the VA Web site at www.cem.va.gov.

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Hospital wheelchairs no longer loaned

Heath Hamacher
Leader Staff

Due to a shortage of wheelchairs at Moncrief Army Community Hospital, wheelchairs will no longer be supplied to Basic Combat Training or Advanced Individual Training units for use on Family Day or Graduation Day.

Family members requiring a wheelchair must now bring their own or acquire one off post.

"We used to loan them out to the units, but many were never returned," said Nichole Riley, MACH public affairs officer. "We tried to do it on a case-by-case basis, but we are so short on wheelchairs, it's becoming overwhelming."

"We need wheelchairs for the Urgent Care Clinic and to transport those patients in the hospital for inpatient surgery," she said. "There's no chair to transport them in."

Colonel James A. Mundy, hospital commander, said it's a matter of the hospital's main concern.

"Patient care is our priority and to take care of our patients, we need our wheelchairs," he said. "It's just not feasible for us to support units in that capacity."

MACH requests that any units in possession of a wheelchair from MACH return it as soon as possible.

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Hydrogen uses in the military



Photo by Mike A. Glasch

Members of the South Carolina Research Authority receive a command briefing from Fort Jackson's Chief of Staff Col. Joseph Lowder Tuesday in the Post Conference Room. The SCRA was in Columbia as part of a National Hydrogen Association forum on "Hydrogen Uses in the Military." First responders from the Directorate of Emergency Services use portable hydrogen power units for some equipment.

Around Post

Domestic Violence Rally

The fourth annual Fort Jackson Domestic Violence Rally will begin at 10 a.m., Tuesday at Patriot Park. All Soldiers, family members and children are invited. For more information, call 751-6325.

Food Show

The second annual Fort Jackson Food Show and Expo will be held from 11 a.m. to 2 p.m., Tuesday at the NCO Club. Door prizes will be awarded, as well as a \$1,000 grand prize. For more information, call 751-7274/4015.

Career Fair

A Career Fair will be held from 9 a.m. to noon, Wednesday at the MG Robert B. Solomon Center. More than 50 employers will participate. Resumes should be up-to-date. For more information, call 751-6062/6452.

DA Photos

The Department of the Army Photo Management System will only accept photos for submission for promotion into DAPMIS for active Army commissioned officers, warrant officers above warrant officer 1 and noncommissioned officers of staff sergeant and above. All Army National Guard, Reserve commissioned and warrant officers including second lieutenant, warrant officer 1 and noncommissioned officers of sergeant and above are authorized to have DA photos done in the Photo Lab. For active duty Soldiers in the rank of second lieutenant, warrant officer 1 and sergeant who are submitting a special package, the photo will be taken, but not sent to DAPMIS. For more information, call 751-7524.

Committees at RRS working for Fort Jackson community

Heath Hamacher
Leader Staff

The Recruiting and Retention School recently formed nine committees to oversee various missions.

“Once the committees were established and the personnel assigned to each one, it was left up to that committee’s head to identify projects they could get involved in and start working on timelines,” said Master Sgt. Richard Lopez, head of the Community Outreach committee.

The committees include: public affairs, special projects, sports, color guard/flag, fund raising, youth programs, social, ethnic observance/history and community outreach.

Lopez and his seven-person team wasted little time in getting started and have undertaken several projects already.

One of those is providing transportation for a wounded Fort Jackson Soldier, currently undergoing inpatient treatment at the Veterans Affairs Medical Center in Augusta, Ga., which allows him to visit his wife and two children here on weekends.

The wounded Soldier, Staff Sgt. Raymond Long, sustained a traumatic brain injury in Iraq in 2004.

“Volunteers had been picking him up and taking him back so he could spend time with his family on the weekends,” Lopez said. “We heard about that and decided to take part and volunteer our time.”

Long said he is grateful for the assistance and called it a “blessing.”

“Part of my therapy is going home on weekends. It’s a motivational tool,” Long said. “I spent the last three years either deployed or in and out of the hospital, so the more time I can spend at home with my children and wife, the better.”

Long is currently the only Soldier Lopez’s group is helping transport, but Lopez said he plans on checking with the hospital to see if other Soldiers are in need of similar services.

Another initiative, planned for early November, is the Toys from the Troops program, similar to the Marine Corps’ Toys for Tots.

Lopez said a collection box definitely will be set up within the Soldier Support Institute, but he hopes to be able to collect post-wide.

“We want to expand it throughout post as much as possible, but we have to get authorization first,” he said. “We look forward to fully establishing it here.”

The toys collected would be distributed to the children of needy Soldiers first, then to members of the local community if toys are left over.

Lopez said his committee is also working with Harvest Hope Food Bank to collect and donate non-perishable foods to the non-profit organization, as well as assisting the Junior Reserve Officer Training Corps staff at Blythewood High School conduct its Ranger Challenge on Oct. 20.

“We want the community to understand that we’re not only here to defend our nation, but to help throughout the community as much as we can,” Lopez said.

For more information, contact Lopez at Richard.Lopezramos@us.army.mil

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BCT *(continued from Page 1)*

add is time, and give that time to the drill sergeant so that he can ensure that the individuals have mastered those tasks that they need to master, before they go on to AIT (Advanced Individual Training). That is the sole purpose.”

Shwedo said the units are excited about getting the opportunity to go ahead and have greater flexibility in how they train Soldiers.

“They know it’s going to have a greater impact. We want the drill sergeants, the first sergeants and the company commanders to have greater latitude to reinforce the most relevant tasks that are out there today,” Shwedo said. “By doing that, at the end of the day we have a more relevant, a more physically fit, disciplined Soldier to provide to that first unit of assignment.”

While the plan calls to revert to a nine-week BCT cycle during the 2008 summer surge, Shwedo said Fort Jackson may be able to keep the 10-week BCT going throughout the summer. He said unlike the other four BCT sites, Fort Jackson has more flexibility since its primary mission is training new Soldiers.

“It’s still up in the air, but we are trying to adjust the schedule to where we can go 10 weeks full-time from the beginning,” Shwedo said. “It may come at the expense of some of our leadership having to go with back-to-back rotations, or more, because we understand that we are getting ready to put America’s sons and daughters in harm’s way. We would rather sacrifice some personal time to give them that experience.”

AIT changes

Another change coming to Initial Entry Training is the phasing out of drill sergeants at AIT. That is scheduled to begin in January.

“We are going to transition Soldiers more rapidly to the kind of environment that they can expect in their first unit of assignment,” Shwedo said. “In your first unit of assignment you don’t get orders from a drill sergeant, you get orders from a platoon sergeant. So, we want Soldiers to know what right looks like.”

Shwedo said there will be a platoon sergeant in every one of the drill sergeant slots so the leader-to-led ratio will not decrease.

“What is going to change is that we are going to take instructors from the platform and we are going to give them an additional duty as a squad leader,” Shwedo said. “So now, instead of having one NCO (noncommissioned officer) per platoon, every Soldier will now have a squad leader and a platoon sergeant. That increases your leader-to-led ratio rather substantially.”

He also said that during AIT, prior service Soldiers will be trained and mentored to become team leaders.

“We are going to get a better product because we’ve gotten more leadership at the Soldier level that has not existed in AIT since we put the concept of AIT together,” said Shwedo. “You’ll get a better Soldier at the end of the day.”

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Well-Being Corner

MACH wait time and priority Rx pickup

Christina Garza
AFAP Coordinator

This week's article focuses on issues submitted to Community FIRST/Army Family Action Plan that have been recently completed and were reviewed by Moncrief Army Community Hospital.

The first issue was generated in the Soldiers Focus Group. They said that the wait time is too long for care at the hospital because the trainee load overwhelms services and affects the mission, as well as permanent party Soldier and family member job performance.

The recommendations were to designate the Troop Medical Clinic for trainees and the Urgent Care Center for permanent party Soldiers and family members only, designate a physician's assistant for permanent party Soldiers and family members and educate the community on their TRICARE/medical options.

This issue was researched and addressed by MACH staff. They said that the TMC is currently not open 24 hours a day and Soldiers are sent to the UCC after hours and on Sundays for care, although hours for the TMC have been extended to meet this need in the past year.

An after hours clinic has been implemented to handle the overflow of patients needing appointments with an additional provider in the early evening to work in conjunction with the UCC. This clinic is designed for family members and active duty permanent party Soldiers. Priority for care in the UCC is triage based; all other care is based on the Health Affairs Priority of Care Policy for Military

Treatment Facilities.

Priority of care is as follows: active duty, active duty family members enrolled in TRICARE Prime and retiree/retiree family members enrolled in TRICARE Prime.

The TRICARE service center is located on the ground floor of MACH and is open from 7:30 a.m. to 4:30 p.m., Monday through Friday (except federal holidays) to provide information on TRICARE. Beneficiaries may call (800) 444-5445 or visit www.humana-military.com or www.tricare.osd.mil for more information.

MACH also has a Health Benefits Office, located on the ground floor that can be reached by calling 751-2778. The Managed Care Division staff is available to give briefings to any group, and can be reached at 751-2338/2778.

The second issue was also generated during the Soldiers Focus Group, and deals with prescription pickup for family members of uniformed military personnel. They said that if service members go to the pharmacy at MACH in uniform to pick up a prescription for a family member, they do not get priority.

The recommendation from the group was to give priority to all Soldiers in uniform, regardless of who they are picking up a prescription for.

The response from MACH is that the intent of the B category priority window for active duty service members (currently averaging 15 minute wait times) has been to minimize the time away from mission requirements. Fifty percent of the hospital's prescription volume is fam-

ily members and if we allow the processing of family members' prescriptions along with the active duty service member prescriptions, it would totally defeat the purpose of having a priority category for active duty in uniform. If the prescription is a refill, it can be phoned in at 751-2250 or placed online at www.moncrief.amedd.army.mil and picked up at the PX Pharmacy much more quickly.

The Community FIRST/AFAP is an ongoing process that allows community members to submit issues that cannot be fixed by the Interactive Customer Evaluation system. October is the issue submission month for the first quarter of fiscal year 2008. Issues can be submitted through the Customer Service home page or Community FIRST/AFAP ICE link through the month of October. Whether it affects Fort Jackson or the Army, feedback is important.

Help the community by submitting issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo.

ICE Appreciation

The garrison would like to congratulate the Directorate of Human Resources, specifically the Army Substance Abuse Program, and the Army Continuing Education Services Center. They have achieved a 4.84 and a 4.79 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work.

Safety Spotlight

DeCA pulls Baker's Chocolate Squares

Kevin Robinson
Defense Commissary Agency

FORT LEE, Va. — Commissaries worldwide pulled from its shelves Baker's Premium White Chocolate Baking Squares (6-ounce package) because the product may be contaminated with salmonella.

Kraft Foods had issued the voluntary product recall Oct. 3, according to the Food and Drug Administration. The recall only affects Baker's Premium White Chocolate Baking Squares, UPC

0043000252200, with the following case expiration and package "best when used by" dates:

- 31 MAR 2008
- 01 APR 2008
- 02 APR 2008
- 03 APR 2008

Salmonella is a bacterium that can cause foodborne illnesses with symptoms such as fever, diarrhea and abdominal cramps.

For people in poor health or with weakened immune systems, salmonella

can cause life-threatening infections.

Consumers with food safety questions can contact Kraft Consumer Response at (800) 310-3704. Commissary patrons who have this product at home should stop consuming it and return the unused product with the label to the store from which they purchased it for a full refund. For information on this and other recalls, patrons can go to the DeCA Web site at <http://www.commissaries.com>, visit the "Food Safety" section and access links to various consumer safety sites.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

from the "No Ground to Give" Brigade



Sgt. 1st Class Charles Ivey
Company C,
2nd Battalion,
13th Infantry
Regiment



Sgt. 1st Class Ina McCoy
Company E,
2nd Battalion,
13th Infantry
Regiment



Sgt. 1st Class Tomika Williams
Company F,
2nd Battalion,
13th Infantry
Regiment



Sgt. 1st Class Dustin Freitas
Company E,
1st Battalion,
13th Infantry
Regiment

80

Number of weeks
without a motor vehicle
fatality at Fort Jackson.



Army changing selection, assignment policy for top-noncommissioned officers

Master Sgt. Shaun Herron
Army News Service

WASHINGTON — Sgt. Maj. of the Army Kenneth O. Preston unveiled the newest modernization effort for the U.S. Army enlisted force during a meeting with senior noncommissioned officers Tuesday at the Association of the United States Army annual meeting and exposition.

It was not a weapon system, or a new piece of gear for Soldiers, but rather a management system designed to provide a process that manages the Army's most senior-level NCOs, command sergeants major and sergeants major.

"By changing ... we enhance our capability of getting the right leader with the right experience and skill sets, into the right position at the right time," said Preston during an earlier interview.

The new policy will change the management system for senior NCOs from one designed for a peace-time Army, Preston said, "to a system that selects, trains and promotes Soldiers ready to meet the full range of threats and challenges in the 21st Century."

Preston said the benefits to this modernization will be seen in a variety of ways.

"It will be an improvement overall, from the way we select our command sergeants major and sergeants major, to the way we train them to how we select and synchronize our battalion and brigade command teams," he said.

"The Army, and the nation will benefit



Photo by Beth Reece, Army News Service

Sergeant Major of the Army Kenneth O. Preston addresses a session of the Association of the U.S. Army this week in Washington.

from this change by having NCOs with greater leadership experience in a variety of operational environments," Preston said, "while Soldiers — the centerpiece of our Army — will benefit from the mentorship and leadership of these multi-skilled, adaptive and successful leaders."

Command sergeants major and sergeants major will benefit from greater predictability in upward mobility and

career progression, he said, and greater family stability.

"This new system will provide greater certainty for those selected for promotion and attendance to the U.S. Sergeants Major Academy, that they know they will be promoted, frocked if necessary, to sergeant major upon completion of the course, beginning with the graduation of those in 'Class 60' (set to graduate the nine-month

course at Fort Bliss in the summer of 2010) and beyond," Preston said.

Additionally, this policy change is designed to allow the creation of command teams that train together before taking command of a battalion or brigade combat team.

"Perhaps the greatest impact to the Army will be in our ability to align command sergeant major selection and appointment with the selection of battalion and brigade commanders," Preston said. "Achieving this allows the Army to create command teams that can attend the Pre-Command Course at Fort Leavenworth together, building a cohesive command team for our brigade combat teams and our battalions."

Execution of this new policy will be most readily evident with the next sergeant major selection list in fiscal year 2008, Preston said.

He said that list, and subsequent lists, will not include the selection of junior, non-promotion-eligible master sergeants for early attendance to the Sergeants Major Academy as alternates. The 2007 fiscal year board was the last board with a mission to select master sergeants as alternates for school, he said.

"That transition will further enhance our ability to provide the Army with NCOs in the most senior leadership ranks of the NCO Corps — multi-skilled leaders who are adaptive, confident and competent," Preston said.

Strong families are key to keeping force strong

Elizabeth M. Lorge
Army News Service

WASHINGTON — The Army is committed to building and maintaining strong families, said Army Chief of Staff Gen. George W. Casey, Jr. Monday during the first Family Forum of the Association of the U.S. Army Annual Meeting.

Gen. Casey discussed the new Army Family Covenant, unveiled during AUSA's opening ceremony, and the importance of families in building and maintaining the force.

"I saw what we were asking of our Soldiers and our families over the last several years," he said. "It struck me that the best wasn't good enough. We have not, until this point, treated families as the readiness issue that they are."

"We recognize what it takes to be an Army family, and that our Soldiers draw great strength from their families. The welfare of Army families is increasingly important to all of us," he said, adding that the Army was committed to building a partnership with families.

The Army Family Covenant says that Soldiers' strength comes from their families. It pledges to provide

for and support those families, increase the accessibility and quality of healthcare, improve Soldier and family housing and standardize and fund family programs and services.

The covenant also says the Army will ensure excellence in schools, youth services and childcare, and expand education and employment opportunities for family members.

All of these are important issues for family members, said Sheila Casey, Gen. Casey's wife.

She has traveled around the world with the general and spoken to hundreds of family members and family readiness leaders about what they need and are experiencing.

"Spouses are definitely feeling the strain and effects of six years of war. They're stressed and they're stretched but they still are amazingly resilient," she said.

Gen. Casey said that the improvements will take time, but that the Army plans to continue the increased family support after operations end in Iraq and Afghanistan.

Of special concern are Army Reserve and National Guard families who are geographically disparate and don't have the support and benefit access available on an

installation.

"Every family in America ought to have the same level of support that you would have if you lived near an installation," said Lt. Gen. Jack C. Stultz, Jr., chief of the Army Reserve. "We've got to do this. We've got to figure out a way to make sure our families are taken care of because I need my Soldiers focused on their mission, not worried about their families. When they lose focus, they may cost someone their lives."

One way to reach far-flung families is via the online community. Lt. Gen. Stultz credits his wife, Lauralyn Stultz, as the force behind the "virtual-installations" idea, online repositories of information on benefits, support groups and other information.

The idea is largely conceptual, but the Reserve and National Guard have signed memorandums of agreement with installations, the Department of Veterans Affairs, veterans-service organizations and other groups to provide resources for Soldiers and their families and are working to garner more support.

"You lose the family, you lose the Soldier," said Mrs. Casey.

Community Highlights

Solemn promise

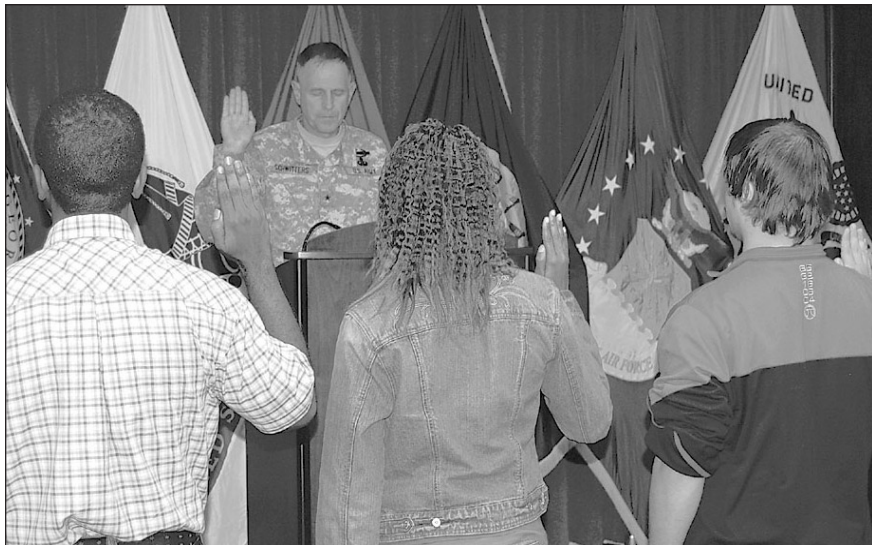


Photo by Leslie Ann Sully, Recruiting Battalion Public Affairs Officer

Brig. Gen. James H. Schwitters, Fort Jackson commanding general, center, administers the oath of enlistment Oct. 4 at the Military Entrance Processing Station to: from left, Lee Mitchell, Shanta Walton and Jonathan Wasson.

This Week

Play Group

A Play Group will be held from 10 a.m. to noon, Monday at the Strom Thurmond Building, Room 218. For more information, call 751-5256/6325.

Success with Stress and Anger

A Success with Stress and Anger workshop will begin at 1 p.m., Monday. The workshop teaches techniques to recognize and handle stress and anger. The location has not been determined. To register or for more information call 751-5256/6325.

Breastfeeding Support Group

A Breastfeeding Support Group will be held 10-11:30 a.m., Tuesday at the Strom Thurmond Building, Room 218. For more information call 751-4862.

Financial Planning

A Financial Planning class will be held 8:30-10:30 a.m., Thursday at the Education Center, Room B302. To register or for more information call 751-5256/6325.

Parents Who Care (Teens)

A Parents Who Care (Teens) meeting will be held from 10 a.m. to 2 p.m., Thursday at the Strom Thurmond Building, Room 218. For more information, call 751-4862.

Phase II Levy Briefing

The Phase II Levy briefing will be held 2:30-3:30 p.m., Thursday at the Strom Thurmond Building, Room 213. Classes are open to everyone. Registration is free but required for all classes.

To register, call 751-3580 or e-mail Kimberly.Bottema@jackson.army.mil.

Upcoming

PWOC Honoring Drill Sergeant Wives

The Protestant Women of the Chapel group will honor drill sergeant wives from 9:30 a.m. to noon, Oct. 18 at the Main Post Chapel with food, fellowship and guest speakers. Child care is provided. Call 751-1970 for details.

Flamingo Women's Support Group

The Fort Jackson Flamingo Women's Support Group will hold a meeting from 10:30 a.m. to 12:30 p.m., Oct. 18 at the Strom Thurmond Building, Room 218. For more information, call 751-5256/6325.

ROCKS, Inc. Meeting

The Fort Jackson Chapter of the ROCKS, Inc. will hold its monthly meeting at 6:30 p.m., Oct. 18 at the Golden Corral restaurant on Forest Drive. All ROCKS and prospective ROCKS members are invited to attend. For more information, call 751-5421.

Red Cross Health and Safety Class

A Red Cross Health and Safety class covering CPR, first aid and the Automated Emergency Device will be held from 8 a.m. to 5 p.m., Oct. 20. Class is open to everyone and registration and payment are required by Saturday. For more information, call 751-4329.

USC Salute to the Military

The University of South Carolina Salute to the Military will be held during the USC vs. Vanderbilt game Oct. 20 at Williams Brice Stadium in Columbia.

WorkKeys Assessment

A WorkKeys Assessment test will be

Have a Community Announcement?

Community submissions to the Leader should be typed, no more than 45 words, and should include: who (is affected or involved), what (it is), when (it occurs including time and date), where (it is taking place), and a why if necessary. They must be submitted to the Leader by noon, Monday. The Leader reserves the right to edit announcements for style, grammar and space. To submit an announcement to the Leader, e-mail it to FJLeader@jackson.army.mil

given from 9 a.m. to noon, Oct. 22. The test enhances a resume and demonstrates skill potential to employers. The assessment costs \$30, and only cash will be accepted on the day of testing. Candidates must preregister by calling 751-5452.

Play Group

A Play Group will be held from 10 a.m. to noon, Oct. 22 at the Strom Thurmond Building, Room 218. For more information, call 751-5256/6325.

EFMP Family Night Potluck

The Exceptional Family Member Program will have a family night potluck at 6:00 p.m., Oct. 23. For more information, call 751-5256/6325.

Starting and Running a Small Business

There will be a free seminar entitled "Small Business Development" presented by the University of South Carolina 9-11:30 a.m., Oct. 23 at the Education Center. You must register to attend, call 751-6062.

Steps to Federal Jobs

This workshop from 8:30-11:30 a.m., Oct. 24 at the Education Center, Room B-205, will go through every step of the Army Resumix process for federal jobs. Must register to attend, call 751-5452.

Surviving Spouses Focus Group

The Surviving Spouses Focus Group will be held from 8 a.m. to noon, Oct. 25 in the Plans, Analysis and Integration Office. Surviving spouses will have the opportunity to raise issues or concerns that affect them. Those interested in participating should call 751-3425.

171st Inf. Bde. Veteran's Day Ball

The 171st Infantry Brigade's Veteran's Day Ball will begin at 6 p.m., Oct. 27 at the Fort Jackson NCO Club. Tickets cost \$25 and need to be purchased by Wednesday. Attire is dress blues and evening formal wear. R.S.V.P. by calling 751-3317/3315.

Announcements

Green to Gold Scholarships

Green to Gold scholarships are currently available to qualifying Soldiers through the University of North Carolina at

Charlotte. Soldiers must: be a U.S. citizen, have at least a 110 GT score, have passed a physical fitness test within six months, and have at least a 2.5 grade point average. For more information or to submit a packet, call (704) 68-3786 or visit online at www.armyrotc.com.

Talking About Sex Workshops

Talking About Sex workshops will be held during October for both middle school-age children and for teens.

The Middle school-age children's workshop will be held 6:30-7:30 p.m., Tuesday, Oct. 23 and 30 at building 5965.

The Teen workshop will be held 6:30-7:30 p.m., Wednesday, Oct. 24 and 31. For more information or to register call 751-5256/6325.

VTC Studio Closed

The main Video Teleconferencing studio operated by the Directorate of Information Management located at Building 7376 will be closed Monday through Friday. Attempts will be made to accommodate VTC sessions by rescheduling to other locations. For more information call 751-3646/5538.

Halloween Observance

Halloween will be observed on Fort Jackson 6-8:30 p.m., Oct. 31.

OEF/OIF Veterans

Combat veterans who deployed in Operation Iraqi Freedom or Operation Enduring Freedom, are stateside and are enrolled in college are needed for Operation Tribute to Freedom's special "Welcome Back to School!" edition. Soldiers interested in participating should e-mail both Greg.Mueller@us.army.mil and tributetofreedom@hqda.army.mil.

For more information visit <http://newsletters.fhdigital.net/PAOAlert/2007/07AUG.htm>.

Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the reporting points of contact. The military police have been designated for handling all reports of abuse and neglect, including those that occur in a Department of Defense sanctioned or operated activity. The 24-hour report line is 751-3113.

Personal Financial Management

A self-paced personal financial man-

Community Highlights

Pets of the Week



Photo by Kristen Marquez



Photo by Susanne Kappler

This black 1-year-old cat and this black and brown, 12-week-old medium-to-large mix-breed male are looking for homes. Call the Fort Jackson Veterinary Clinic at 751-7160 for information about adoption.

agement training course is now available online. The course provides a practical approach to managing money and the tools to make informed purchasing decisions. To register for and take the course, visit online at www.myarmylifetoo.com.

Resume Help

The Army Community Service's Employment Readiness Office offers free resume preparation help to military spouses. Call 751-5452 for assistance.

ACS Offers Free Workshops

Army Community Service offers workshops on numerous topics, including how to find employment, home buying, Army Family Team Building and parenting classes. Visit the Web site at www.fortjacksonmwr.com/acs to get a complete listing. Register online or call 751-5256.

Operation Home Watch

Operation Home Watch is a year-round program in which military police will check on a residence when the owners are out of town. Requesters must fill out a Quarters Check Report and include the following information: name, address, housing area, rank, home and duty phone numbers, dates of departure and return, caretaker's name and contact information. For more information call 751-6019.

Spouse Overseas Briefing

Learn about the various military spouse employment options available overseas. Obtain information and find the ACS representative at the new duty station that can help prepare spouses for seeking employment in the new host country. Call 751-5452 to schedule an individual briefing.

School

Homeschooling Workshop

A free workshop about getting started homeschooling will begin at 7 p.m., Oct. 25 at 930 Knox Abbott Dr. in Cayce. Pre-registration is required. To register or for more information, call 454-0427 or e-mail scaih@scaih.org.

Adopt-a-School

Adopt-a-School is a program that encourages Soldiers to volunteer in local schools. Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time. High performing units will earn awards quarterly. For more information visit online at http://fortjacksonmwr.com/school_liaison/, call 751-6150 or e-mail ruth.russell@jackson.army.mil.

Arrange for VTC of High School Graduation

Graduating seniors with deployed family members should contact the school liaison officer for possible VTC transmission of high school graduation ceremony by e-mail at Ruth.Russell@jackson.army.mil or by calling 751-6150.

BGC Midlands — Before School and After School Care

Boys and Girls Club of the Midlands, through the Army School Age Programs in Your Neighborhood (ASPYN) initiative, offers care for children of Soldiers and authorized civilian employees who have early morning schedules. This care begins at 5 a.m. at Killian Elementary School.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free childcare is available. For information e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

Seabees meet at 7 p.m., the second Monday of each month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792 or 755-0300 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room. Meeting is open to everyone.

Gastric Bypass Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital 11th floor physical therapy waiting room. For more information, call 751-0392. This is not just for weight loss patients; anyone interested is welcome.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Rd. Call 482-4456 for information.

Fort Jackson "Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information e-mail sec@fjvictoryriders.com.

U.S. Navy Sea Cadets meet the third weekend of each month. The group is for children ages 11-18. For more information call 622-8707.

Let us know about your recurring weekly or monthly meeting. Send the name of the group, when and where the meeting takes place and contact information to fjleader@jackson.army.mil.

Children will be transported to other schools by bus. The cost of care is the same as before-school care on post and is based on total family income.

After School Care enrollment is ongoing, and weekly fees range from \$12 to \$34, also based on total family income. Both programs are open to military and civilian employees.

For locations, times or more information, visit www.bgcmidlands.org or call

231-3300 or 751-6150. To register, call the Boys and Girls Club of the Midlands at 252-9578.

Homeschoolers Group

Fort Jackson has an active group of homeschoolers who share activities, ideas and fellowship. For more information, call 419-0760 or 751-6150 or visit online at <http://groups.yahoo.com/group/FortJacksonHomeSchoolers/>.

Disabled workers contribute to workforce

Kay Williams

Equal Employment Opportunity

In recognition of the Proclamation by the president naming October National Disability Employment Awareness Month, this year's theme for the monthlong observance is "America Works Best When All Americans Work."

This is the perfect time to honor the contributions that people with disabilities continue to make in the workforce. It is also a time to reflect on the hardships wounded and injured Soldiers and service members face as they adjust to their disabilities resulting from combat wounds.

Employment enables economic participation, but employment also provides professional growth experiences and increased social participation. Employers who hire people with disabilities find they have tapped into a talented, skilled and diverse pool of workers, who often bring a unique perspective of diversity to the workplace.

National Disability Employment Awareness Month, 2007; A Proclamation by the President of the United States of America

National Disability Employment Awareness Month is an opportunity to recognize the contributions and accomplishments of Americans with disabilities and to underscore our Nation's commitment to advancing employment

opportunities for all our citizens.

Americans with disabilities strengthen our country's workforce, and their achievements help keep our Nation the world's economic leader.

Landmark reforms such as the Americans with Disabilities Act of 1990 have helped to ensure that individuals with disabilities are better able to engage in productive work and participate fully in the life of our Nation.

It is important that we continue to expand on these opportunities for Americans with disabilities by eliminating the barriers and false perceptions that hinder them from joining the workforce. By enhancing the workplace environment for people with disabilities, employers can help provide access to jobs that allow these individuals to demonstrate their potential and realize their dreams.

Since 2001, my New Freedom Initiative has helped promote the full participation of people with disabilities in all areas of society, including education, training, and employment. Programs such as "Ticket to Work" and services at One-Stop Career Centers have helped improve access to employment training and placement services for individuals who want to work.

Throughout the Federal Government, we have worked to improve access to jobs for individuals with disabilities and to promote greater inclusiveness in the workforce.

Individuals and employers can learn more about the Federal Government's disability-related programs by visiting <http://www.DisabilityInfo.gov>. We will continue to build on the progress that has been made for individuals with disabilities and will work to ensure that our Nation remains a place of opportunity for all Americans.

To recognize the contributions of Americans with disabilities and to encourage all citizens to ensure equal opportunity in the workforce, the Congress (36 U.S.C. 121) has designated October of each year as "National Disability Employment Awareness Month."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim October 2007 as National Disability Employment Awareness Month. I call upon Government officials, labor leaders, employers, and the people of the United States to observe this month with appropriate programs, ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-eighth day of September, in the year of our Lord two thousand seven, and of the Independence of the United States of America the two hundred and thirty-second.

GEORGE W. BUSH

For more information, call the Fort Jackson Equal Employment Opportunity Office at 751-7248.

ACS survey under way

Malissa Welch

Army Community Service

The Army Community Service Center Needs Assessment Survey, which began Oct. 2, is a survey that collects information about community members' use and satisfaction of ACS family programs on Fort Jackson.

The survey rates all ACS programs, including Family Advocacy, Financial Readiness, Employment Readiness, Mobilization and Deployment, Relocation and Referral and the Installation Volunteer Program.

The information gained from the survey will be used by ACS to gain a sense of how the staff and programs are supporting the Soldiers and their family members and how staff members can better respond to identified issues which are important to the Fort Jackson community. The survey will also help ACS determine which groups of people are using which services and if the programs are effective.

ACS believes Fort Jackson community members deserve the highest quality family services when they need them, and the community's participation in the survey is crucial in

assisting ACS in its continuing mission of delivering high quality family programs and services.

It would be greatly appreciated if community members would take about 15 minutes to fill out this online questionnaire. The survey window, which will close Nov. 30, can be accessed online at http://www.myarmylifetoo.com/survey_fort_jackson

The survey is anonymous and no responses will be tracked back to the person taking the survey. Only people involved in collecting or preparing the information for analysis will have access to the completed survey.

In addition to the online survey, hard copies will be distributed throughout the Fort Jackson housing area during the week of Oct. 22. These surveys may be mailed to the ACS office or placed in one of the drop box locations (library, Youth Center, post exchange and Moncrief Army Community Hospital) throughout the installation.

In case of problems completing the survey or for any questions about it, call 751-5256 or (800) 337-3445.

Post-deployment health

Office of the Surgeon General

To safeguard the health and well-being of all Soldiers, the U.S. Army implemented the Post-Deployment Health Reassessment, or PDHRA, in January 2006. A Commander's Program, the PDHRA gives Soldiers an opportunity to address any health concerns that may emerge following redeployment. It is available to all Soldiers — active and Reserve component — who have returned from combat.

"Returning home and settling back into a routine can be filled with excitement and discovery. The U.S. Army has learned that as time passes, Soldiers may start facing health concerns that they may not have noticed before," explains Lt. Col. Vinette Gordon, who leads the U.S. Army PDHRA program.

The Reason for PDHRA

Research shows that proactively identifying these health concerns strongly impacts the long-term health and well-being of Soldiers and their families. The U.S. Army wants to help Soldiers address their health concerns before they develop into more serious problems.

How to Complete the PDHRA

Soldiers, who have returned from a

combat deployment since March 10, 2005, must complete the PDHRA. In most cases, the PDHRA takes place 90 to 180 days after redeployment. Commanders will notify Soldiers to participate in the PDHRA process, and Soldiers can log on to Army Knowledge Online to check their PDHRA status under "My Medical Readiness."

To complete the PDHRA, Soldiers fill out DD Form 2900 and speak one-on-one with a health care provider.

The health care provider will refer Soldiers for further evaluation and treatment, if necessary. Most Soldiers will complete the PDHRA as part of a unit-scheduled event, or through an appointment or walk-in basis.

Battlemind II Training

As a part of PDHRA, Soldiers also complete Battlemind II training. Battlemind II builds on skills that helped Soldiers survive in combat.

The video-based training shows Soldiers how to adapt these skills now that they have returned home. For more information or to view the Battlemind II training video, visit www.battlemind.org.

Visit <http://fhp.osd.mil/pdhrainfo> for more information on PDHRA.

MWR employees blaze a trail for better health

Theresa O’Hagan
Morale, Welfare and Recreation

Morale, Welfare and Recreation employees are getting together to get healthier and inspire others to take advantage of the Green Zones Trail on Fort Jackson.

Inspired by Madge McNaboe, the nutritionist for Child and Youth Services, volunteers are leading small groups of co-workers on walks.

McNaboe said she hopes to have 10 groups “up and walking” by January.

“I already have seven confirmed small group leaders starting this month, so we may want to up our goal,” McNaboe said. “We call ourselves MWR Trailblazers and have room for many more groups.”

McNaboe said she has several reasons for starting Trailblazers, ranging from noticing her co-workers struggling with issues, such as high blood pressure and diabetes to weight control.

“A lot of people approached me need-

ing group accountability,” McNaboe said. “People tend to stick to an exercise plan when they know someone else is counting on them, whether it be a just a buddy or a small group.”

MWR Recreation Delivery and McNaboe teamed up last year to start an MWR Employee Wellness Program. Earlier events included a class on sports injury prevention, yoga, healthy eating and walking. Trailblazers is the latest offering. Like the MWR Wellness Program and its related events, Trailblazers is voluntary and free.

“You don’t need to be fit to be a small group leader, you just need to be enthusiastic,” McNaboe said.

Joining a group is easy, and a person doesn’t need to be a fitness superstar to join.

Groups currently available are:

- **Early Birds** with Pat Berry meet at 5:30 a.m., Monday, Wednesday and Friday at the 512 Trolley.
- **Early Birds** with Mike Elkins meet

at 6:30 a.m., Monday and Wednesday at the 512 Trolley.

- **Mid-Day Walkers** with Beverly Metcalfe meet at noon, Monday, Tuesday and Thursday at the Joe E. Mann Center.
- **Mid-Day Walkers** with Melissa Robinson meet at noon, Monday through Friday at the 512 Trolley.
- **Evening Walkers** with Janice Brown meet at 6:30 p.m., Tuesday, Wednesday and Thursday at the Pecan Orchard behind Darby Field.
- **Evening Walkers** with Shawanda Jenkins meet at 5 p.m., Monday, Wednesday and Friday at the Joe E. Mann Center.
- **Indoor Walkers** with Rose Edmond meet at 5 p.m., Tuesday and Thursday at the Joe E. Mann Center ballroom.

“I’ve always been a motivator and I strive to learn and do new things,” said Early Bird leader Pat Berry. “Being the 0530 Trailblazer leader is a way to help others.

“In return, I am reaping the benefits

because I am blazing a trail to good health,” Berry said.

McNaboe hopes to recruit MWR employees from other areas on post to become group leaders.

“You can start wherever you like,” she said. “You can start from where you work, somewhere else along the Green Zones, or any MWR activity. It’s really up to the leader.”

She said she hopes to get groups started from the MG Robert B. Solomon Center and MWR Lodging soon.

Non- MWR employees can join the MWR walkers if they prefer; however, program leaders hope to keep the groups small, between eight and 10 people per group.

For those interested in becoming a Trailblazer leader, call 751-3773. If a person is not an MWR employee, but would like to start a walk in the Green Zones, he or she can pick up a trail map at the MG Robert B. Solomon Center or Outdoor Recreation.

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers’ Club. Open to everyone.

Friday
Play **Victory Bingo** and win prizes up to \$15,000. Guaranteed \$50 pay-outs.

Dance to a variety of music at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$5 for military and \$7 for civilians.

Middle School Dance will be held 7-9:30 p.m. at the Youth Center. Admission is \$3 for members and \$5 for non-members.

Artistic Expression with Jake will begin at 6:30 p.m. at the Youth Center Teen Room.

Saturday
The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excaliber Room. Enjoy music, a new tropical drink menu and live broadcasts with giveaways from the Big DM. The cost is \$3 for military and \$5 for civilians.

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

Sunday
Victory Bingo is offered 12:30-4:30 p.m. at Magraders Pub.

Come out to **Brunch** from 11 a.m. to 2 p.m. at the

Officers’ Club.

Family Day at the Youth Center will be held 2-6 p.m.

Monday
The **NCO Club** presents a **full lunch buffet** featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Tuesday
The **Officers’ Club** is having a **Southern Style Lunch Buffet** from 11 a.m. to 2 p.m.

Enjoy **free movies** every Tuesday at Magraders Pub.

The second annual **Fort Jackson Food Show and Expo** will be held 11 a.m. to 2 p.m. at the NCO Club and includes door prizes, free food, Tony the Tiger and autograph signing by Franco Harris.

The fourth annual **Domestic Violence Rally** will begin at 10 a.m. at Patriot Park.

Movie Night begins at 6 p.m. at the Youth Center.

Wednesday
Be a sensation with **Karaoke** at **Magraders Club** at 7:30 p.m.

Fort Jackson Career Fair will be held from 9 a.m. to noon at the Solomon Center.

Ongoing Offers
The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and

\$3.75 for children.

The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.

The **Officers’ Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduations, retirements and any other special occasion.

Did You Know ...

- Enjoy resort accommodations for two to six people for less than you would pay for most hotels with the **Armed Forces Vacation Club**. For details and samples of resort availability, call the reservation center at (800) 724-9988. Be sure to tell them you are a first-time Armed Forces Vacation Caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.
- **Victory Travel** has special offers for a variety of dinner shows and attractions. Some require reservations. Go by Victory Travel in the MG Robert B. Solomon Center for more information.
- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on your family’s ability to pay a fair share. The Army makes no profit, but funds the difference in what you pay and the actual cost of child care. Call 751-4865 for information.

Ask the MEDDAC commander

Quitting smoking; work-related asthma

Q I want to quit smoking. Is there help for me on post?

A Yes. The Center for Health Promotion and Preventative Medicine has a Tobacco Cessation Program designed to assist with quitting any tobacco product.

Q How do I get into that program?

A To get into the program, you need to pick up a registration packet at 4323 Hill



Col. James Mundy

St. before attending the class.

The next class will begin Oct. 22. Call 751-5251 for more information.

Q What is work-related Asthma?

A Work-related asthma is defined as any case of asthma in which exposures in the workplace causes or aggravates symptoms such as coughing, wheezing, chest tightness or difficulty breathing.

Most work-related asthma can be controlled once the trigger is identified and plans are made to minimize contact with the trigger.

If you suspect that you are experiencing symptoms, ask to meet with an occupational health nurse to discuss your work environment. Remember that asthma is a serious disease and has no cure. Asthma can be well-managed through a combination of proper diagnosis and treatment, environmental control and management and most importantly, lifestyle change. People with asthma can and do live normal lives without significant limitations to their activities of daily living.

To learn more visit these Web sites www.cdc.gov, www.healthypeople.gov or <http://nhlbi.nih.gov>.

To submit questions to Ask the MEDDAC commander, call 751-2291 or e-mail Nichole.Riley@amedd.army.mil.

Breast cancer awareness: early detection best defense

Nichole Riley
MACH Public Affairs Officer

Early detection of breast cancer is the best proactive defense for significantly reducing death from breast cancer.

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Three main tests are used to screen the breasts for cancer. Talk to your doctor about which tests are right for you, and when you should have them.

Mammogram

A mammogram is an X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms.

Having regular mammograms can lower the risk of dying from breast cancer. If you are 40 years old or older, be sure to have a screening mammogram every one to two years.

Clinical breast exam

A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.

Breast self-exam

A breast self-exam is when you check

your own breasts for lumps, changes in size or shape of the breast, or any other changes in the breasts or underarm (armpit).

Which tests to choose?

A patient having a clinical breast exam or a breast self-exam has been found not to decrease the risk of dying from breast cancer. Keep in mind that, at this time, the best way to find breast cancer is with a mammogram. If you choose to have clinical breast exams and to perform breast self-exams, be sure you also get regular mammograms.

Where can I go to get screened?

Most likely, you can get screened for breast cancer at a clinic, hospital or doctor's office. If you want to be screened for breast cancer, call your doctor's office or call your primary care manager.

He or she can help you schedule an appointment. Most health insurance companies pay for the cost of breast cancer screening tests.

Breast cancer is the most common non-skin malignancy among women in the United States and second only to lung cancer as a cause of cancer-related death. Take control, get tested today.

Nichole.Riley@us.army.mil

Pharmacy

Refill prescriptions online at <http://www.moncrief.amedd.army.mil/>.

"Pharmacy Refills Online" is on the right side of the Web site. The Post Exchange Refill Pharmacy is the only site to pick up refills called in or ordered online. MEDDAC requires a signed authorization form to be completed before a spouse, family member or friend can pick up someone else's prescriptions.

Main Outpatient Pharmacy: open from 7:30 a.m. to 5:30 p.m., weekdays (in the MACH basement).

Refill Pharmacy: open from 9 a.m. to 6 p.m., weekdays (in the Post Exchange Annex).

Main Outpatient Clinic 751-2385

Refill, Voice 751-4609

Refill, Automated 751-2250

Toll-free refill (866) 489-0950

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine wellness check, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

Moncrief Army Community Hospital does not provide wheelchairs to Basic Combat Training or Advanced Individual Training units on Family Day or for graduation. Family members who require a wheelchair must bring one or obtain one off post.

First Responder



The following are selected incidents compiled from reports, complaints, incidents or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber

Director, Emergency Services/Provost Marshal

Sgt. Maj. Patrick O'Connor

Provost Sergeant Major

Billy Forrester

Fire Chief

Cases of the Week

A report of **Larceny of a Private Motor Vehicle** was reported by a Soldier after he discovered someone had removed his vehicle from the parking lot of his unit. Military Police responded and searched the area, but could not find the vehicle.

A Soldier was charged with **Assault and Damage to Government Property** after allegedly head butting another Soldier and damaging ceiling tile. The Soldier was given a breathalyzer test, which was positive. He was transported to the PMO for processing and released to his unit.

A Soldier was charged with **Larceny of Private Property** after he allegedly

stole another Soldier's debit card and wallet and withdrew cash from the account. The Soldier was processed and released to his unit.

A Soldier was transported to an off-post medical facility after **a weapon malfunctioned** and exploded in his hand during an exercise. The Soldier was treated for a laceration and released. No other injuries were reported.

A civilian was charged with **Failure to Yield to an Emergency Vehicle** after she rear ended an MP vehicle, which was parked in the intersection with its emergency lights and sirens in operation. Damages consisted of rear bumper damage, but no injuries were reported.

Tip of the Week

Motorists need to be mindful that it is their obligation to safely and immediately yield the right of way to responding emergency vehicles. Failure to do so does not only cause a delay for people needing assistance, it could result in the motorist being charged with "Failure to Yield to an Emergency Vehicle," which is a mandatory court appearance.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Identity theft increasing; protection tips offered

Capt. Chris Roten
Legal Assistance Attorney

The past couple of weeks, the Legal Assistance Office has seen several Soldiers and their family members concerning identity theft.

Although each situation is different and unique there are a few basic rules to follow to prevent ID theft.

This article will focus on how to prevent and manage ID theft because of a lost or stolen wallet, but the basic principles of the article can be used to help prevent and manage any kind of Identity theft.

Basics

The best rule of all is to always keep a close eye on personal finances and monitor your credit report.

A free credit report from each of the three major credit reporting agencies may be received once a year by visiting www.annualcreditreport.com.

Credit monitoring services will review a person's report each month, and then report any changes to the client. Just don't wait too long between credit checks, balancing your bank account and reviewing your credit card bill because the longer you wait the more chance you give criminals to wrongfully use your credit.

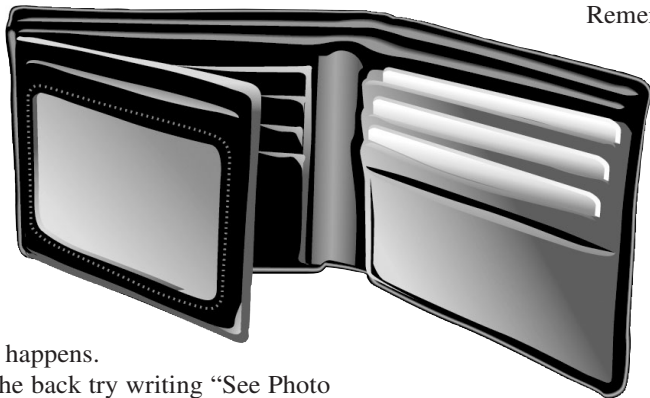
Prevention

On the back of your credit card is a strip where you are normally advised to sign. The theory is that the store accepting your credit or bank card will be able to verify the person attempting to use your card by comparing the signatures.

In reality this never happens. Instead of signing on the back try writing "See Photo ID."

Now the person using the card must have your driver's license and it is easier for a store clerk to compare photographs than signatures.

As well as bank cards and credit cards, many people still use checks, although their use is shrinking because



IMPORTANT NUMBERS

Equifax	(800) 525-6285
Experian	(888) 397-3742
TransUnion	(800) 680-7289
Social Security Administration	(800) 269-0271

of debit cards. If you do use your checkbook, then it is suggested you not put your Social Security number on the check.

For extra safety you can put your work phone number instead of home phone number and use a post office box address instead of home address whenever possible. Remember, once you give someone a check you do not know how many people will handle the check, and it is a good idea to keep as much personal information off the check as possible.

Another helpful prevention idea is to photo copy the contents of your wallet.

That way, if your wallet is lost or stolen you will know exactly what was in your wallet and who you need to notify to report the loss.

Along with the contents be sure you have the phone number of all your credit card companies, but be sure to keep all of this information in a safe place.

Remember, the faster you are able to notify credit card companies that your card was stolen the less time thieves have to use the card.

Reporting

So now you realize your wallet is either lost or stolen. Your next steps will be the key to saving you months and possibly years of fraud cleanup.

The first step should be to call and notify each credit and bank card agency that the card was stolen and needs to be canceled. It is also a good idea to let them know the last time you used the card to verify that the card has not been used by someone else.

This is where the photocopy of the contents of your

Legal Assistance Office

Fort Jackson's Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Rd., and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-3:30 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

wallet saves precious time.

After notifying all the credit and bank card companies, you need to notify all three of the credit bureaus and the Social Security Administration to have a fraud alert placed on your account.

A fraud alert is a flag on your account that you might be the victim of identity theft and all companies are required to call you personally to verify that you are the one seeking to obtain credit.

After notifying all of your credit card companies, banks and credit bureaus it is also important to notify the department of motor vehicles and every other agency or company for which you had a card in your wallet.

Make it official

File a police report with the local police department. Be sure and detail all the items that were in your wallet and the last time you remember having the wallet and using any of the credit cards.

Filing a police report for a stolen wallet probably will not get a lot of attention from the police department but it will help you in establishing a credit fraud case.

Remember, the faster you act the less time thieves have to ruin your credit. If you are a potential identity theft victim and would like to learn more about your legal rights, call the Legal Assistance Office and set up an appointment.

If you would like to research more about identity theft go to www.consumer.gov/idtheft. If you have been the victim of identity theft and need to report to the credit bureaus (see box).

Chapel

Love is no accident!

Chaplain (Capt.) Michael Turpin
3rd Battalion, 60th Infantry Regiment

What is love? In America we have the idea that love is something that happens to us. We say that we “fall in love” like an accident. Like Cinderella or Snow White, we are struck with the mesmerizing feeling of a utopian happiness that can only be found in the eyes of your beloved.

The funny thing is, typically when you think of falling into something you do not think of it as being a good thing. Usually when you fall into something, you either get hurt or trapped.

If you think of love in terms of an accident and you put it into the context of a marriage, it is a little scary. To think that the person you will be married to for the rest of your life is controlled by chance, a mishap or luck is snafu.

What is worse is to think that the stability of that same marriage is based on mere probability. What if you fall out of love? Far too often I have counseled couples who say, we just fell out of love.

That is why I want to provide a more biblical understanding of love. The Bible says that husbands should love their wives as Christ loved the church and gave himself up for her (Eph. 5:25).

This kind of love is no accident, it is premeditated. It is given great thought and then put into action. Biblical love speaks about the choice to serve one another regardless of feelings.

The purpose is to build one another up, to place the spouse’s interest above your own and to present her as holy and blameless (Eph 5:27). Love is no accident, nor is it a trap.

Love is a choice to serve one another, to place another’s interest above our own.

The great part of it is that God does not leave out the emotions. The Bible says that for the joy set before him he endured the cross (Heb. 12:2). The greatest joy in life comes when we understand and live out the true nature of love.



Worship services

Protestant

- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Main Post Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women’s Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women’s Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men’s Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)

- PROTESTANT YOUTH OF THE CHAPEL**
- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
 - Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

- Sunday 8 a.m. Memorial Chapel

Islamic

- Sunday 8-10 a.m. Islamic Studies
- Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

Church of Christ

- Sunday 11:30 a.m. Anderson Chapel

Catholic

- M-F 11:30 a.m. Mass (Post Chapel)
- Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Jewish

- Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

- Sunday 9-11:30 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-5037
Main Post Chapel — 9476 Kemper St., (inside of Tank Hill Chapel), 751-4542 or 751-6469
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Ed. Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324

PWOC Bible Study

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free childcare is available.

For information e-mail pwocjackson@yahoo.com.

Sports

Brazilian soldiers sweep Army Ten-Miler top spots

Tim Hipps

Army News Service

ARLINGTON, Va. — Six Brazilian soldiers and a woman who served in the Russian army led a field of more than 17,000 runners in the 23rd Army Ten-Miler Sunday at the Pentagon.

Spc. 1st Class Jose Ferreira of Rio de Janeiro out-kicked fellow Brazilian army Spc. 1st Class Reginaldo Campos Jr. more than the final 100 meters to win America's largest 10-mile road race in 49 minutes, 21 seconds. There were 26,000 runners registered for the event.

Campos finished a couple of strides behind Ferreira with a time of 49:22, followed by Brazilian army corps' Josuelo Nascimento (third in 49:40), Marcelo Vecchi (fourth in 49:56) and Lielzio De Jesus (15th in 52:44).

Firaya Sultanova-Zhdanova, 46, a former soldier from Naberegmnie Chelni, Russia, who lives in Gainesville, Fla., won the open women's division with a female masters race record time of 58:31 on perhaps the hottest day in Army Ten-Miler history.

An accomplished road-racer, Sultanova-Zhdanova recently won the masters women's crowns at the Peachtree Road Race 10K and the Houston Marathon. On Sunday, she took control early.

"I ran by myself from the start," she said through an interpreter. "I was gone from 500 meters."

Susannah Kvasnicka, 35, of Great Falls, Va., was the second female finisher in 59:11.

"I felt pretty good through five miles," said Kvasnicka, women's champion of the 2005 Marine Corps Marathon who is training for the 2008 U.S. Olympic Marathon Trials. "But then I started to feel the heat a little bit. I never saw the (women's) leader, so it's pretty hard to go for somebody you can't see."

The Missing Parts in Action Team fielded military amputee teams from Walter Reed Army Medical Center in Washington, D.C.; Brooke Army Medical Center at Fort Sam Houston, Texas; and the San Diego Naval Medical Center. Along with a team of their physical therapists, it was MPIA's largest turnout in four years of



Photo by Tim Hipps, Army News Service

Brazilian Army Spc. 1st Class Jose Ferreira of Rio de Janeiro breaks the tape in 49 minutes, 21 seconds to win the 23rd Army Ten-Miler Oct. 6 at the Pentagon.

participating in the event.

Team captain Maj. David Rozelle lost his right foot to an anti-tank mine in June 2003. After nine months of grueling rehabilitation, he was declared fit for duty and took command of the 3rd Armored Cavalry headquarters unit only one year after he lost his foot. He is the first amputee in recent military history to resume a dangerous command in the field.

"It is hard to believe that we are on our fourth year for this Missing Parts in Action Team," Rozelle said. "Each year we have grown. Our first year it was just a few of us, our second was 12, and last year we doubled to 24. This year, we will make our strongest showing yet with 41 and will represent all three centers.

"This is an exciting chance to show America that we are not beaten," Rozelle continued. "It's very motivational to run with the other Soldiers — a very powerful

homecoming to know in the heart of your country."

Ed Salau, a medically retired first lieutenant from the Army National Guard, had an above-the-knee amputation after being hit in Iraq by a rocket-propelled grenade in 2004. He currently serves as the East Coast Director of the Wounded Warrior Project, which provides programs and services to enrich wounded Soldiers' lives via sports participation. Seeing last year's MPIA team prepare to run the Army Ten-Miler inspired him to join the team for not only his first Army Ten-Miler but his first 10-mile run.

All proceeds from the Army Ten-Miler support programs of the Army Family and Morale, Welfare and Recreation Command, based in Alexandria, Va., for Soldiers and their families.

Editor's Note: Tim Hipps writes for the Army Family and Morale, Welfare and Recreation Command.

Sports Briefs

Fall Tennis Tournament

The Fort Jackson 2007 Fall Tennis Tournament for active duty Soldiers will be held Oct. 22. Deadline for entry is Monday. Call the Sports Office at 751-3096/5768 or e-mail Devin.Bradley@jackson.army.mil for more information.

Volunteer Coaches Needed

Volunteer coaches for youth soccer, youth flag football, youth cross country, youth cheerleading and youth volleyball are needed. Experience is desired, but not mandatory. If interested or to find out about "coaches discount," call the Sports Office at 751-5040/5610.

Link Up 2 Golf schedule

The schedule for session six of Link Up 2 Golf is: lesson 2, 5 p.m., Tuesday; on the course, 5 p.m., Oct. 18; lesson 3, 5 p.m., Oct. 23; on the course, 5 p.m., Oct. 25; lesson 4, 5 p.m., Oct. 30; and on course graduation scramble, 5 p.m., Nov. 1.

For more information on Link Up 2 Golf, e-mail castom@jackson.army.mil or Kurt.Sokolowski@jackson.army.mil.

Football Intramural Sports Schedule

Today

- 6 p.m. 2-13 vs. MPs, Blue Field
- 7 p.m. 187th vs. 3-13, Blue Field
- 8 p.m. Roughnecks vs. MPs, Blue Field

Monday

- 6 p.m. 2-39 vs. TFM, Green Field
- 151st vs. 1-61, Blue Field
- 7 p.m. RRS vs. 120th, Green Field
- 3-34/MED vs. VSB, Blue Field

Tuesday

- 6 p.m. 3-34/MED vs. 120th, Green Field
- 2-13 vs. 2-60, Blue Field
- 7 p.m. MPs vs. 3-13, Green Field
- 187th vs. Roughnecks, Blue Field

Wednesday

- 6 p.m. VSB vs. TFM, Green Field
- 2-39 vs. RRS, Blue Field
- 7 p.m. 3-34/MED vs. 1-61, Green Field
- 151st vs. 120th, Blue Field



For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.